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COINCIDENCE?

SIMPSON ENGAGED A WEEK AFTER EX

 $DISH_{\text{page 8}}$

edmonton et les

Tuesday, November 16, 2010 www.metronews.ca



News worth sharing

Six charged in two murders

O 'Unprecedented investigation' nets charges in two September homicides O All six appeared in court yesterday O Three youths back in court Nov. 29, adults on Dec. 13



Police have laid multiple charges in connection to two previously unsolved city homicides

Six people, including three youths, have been charged with second-degree murder in relation to the September homicides of Jesse James and Emmanuel Amoah.

"This was an unprecedented investigation," said Chief Mike Boyd.

The investigation utilized up to 60 officers from multiple units including the Homicide Section and Edmonton Drug and

Police were able to link the cases together through interviewing witnesses and this is the first time they have charged two people with the same homicide at one time.

"This is one of the most complex cases I

have ever worked on,"said Staff Sgt. Lorne Pubantz, who confirmed components of the investigation were drug and gang relat-

Abdulle Mahamed, 19, Jason Kadeem Williams, 19, and Christopher Macoon-Evans, 21, along with two 18-year-old males and a 16-year-old male all face charges in relation. © CANDICE WARD

Mexico

What caused the blast?

 Some experts skeptical on swamp gas claims by officials
 Handling of Canadian deaths in Mexico has been criticized

Back to the Bare Bones for Adams

before {page 3}

Canadian rocker took fans' advice for his new album {page 5}

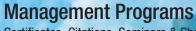


A helping hand in losing weight

Counselling can be of assistance in battling the bulge {page 9}

Michael Vick's statement game

Eagles QB dismantles Redskins {page 17}



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Allan Small on why paying attention to world events is critical for investors. More at metronews.ca/ investing



Homelessness on the decline in city: Survey

Number of homeless families lowest since 2004 ◆ Survey the first since launch of municipal and provincial plan to end homelessness

The number of Edmontonians without homes has dipped to levels unseen since 2004, reversing a decade-long trend, a new survey suggests.

The 2010 Homeless Count shows a drop of 658 people in the homeless population since the survey was last conducted in 2008 — a 21 per cent decline.

— a 21 per cent decline. Homeward Trust Edmonton, a non-profit group, conducted the citywide survey on Oct. 5, with the help of more than 300 volunteers and assistance from Edmonton shelters.

"(The count) is meant to get an idea of trends and demographics," said Homeward Trust Edmonton communications manager Alex Abboud. He added that the report shows "early encouraging signs."

The report showed that 75 per cent of the homeless population is male, while 63 per cent of all homeless

Homeless Count

- Now in its seventh instalment, the Homeless Count is undertaken every two years in October.
- Aboriginal Peoples make up only five per cent of Edmonton's population, yet 38 per cent of the city's homeless identify as aboriginal.

are considered "absolute" homeless, meaning they have no housing alternatives, including shelters.

"There's still a lot of work to do," Abboud said, "but we've stopped a decade-long trend." At a tally of 2,421 record-

At a tally of 2,421 recorded homeless people, this marks the first time since the inaugural survey in 1999 that there has been a decrease in the total number of Edmonton's homeless population.

ERIC O'BRIEN



Man facing child porn charges

A Sylvan Lake man is facing a number of child pornography charges following his arrest last Wednesday.

The Alberta Law Enforcement Response Team (ALERT) has charged Andrew John Tettersel, 33, with possession of child pornography, accessing child pornography, making child pornography, and making available child pornography.

Tettersel is not currently in police custody, but has had court conditions placed on his release. He is not to have any contact with any child under 16 years of age. He is also not to have access to any computers or the Internet.

Tettersel is set to appear in Red Deer provincial court on Jan. 14, 2011. Police say the investigation is ongoing.

METRO

Organization

- ALERT's integrated child exploitation (ICE) unit along with Sylvan RCMP laid the charges.
- ICE investigates sexual exploitations of children through the Internet.
 ALERT is an umbrella
- ALERT is an umbrella organization formed by the Alberta government made up of multiple law enforcement resources.

News in brief

Institute lauds local director

FILM. An Edmonton filmmaker received praise for his short film last Thursday from the American Film Institute. Trevor Anderson's short film, The High Level Bridge, received an honourable mention at the AFI Fest's Audience and Jury Awards, earning the film a viewing at the famous Mann Chinese Theatre in Los Angeles. • METRO

Police arrest alleged stalker

WARRANT. City police have arrested a man with an alleged history of stalking women. Kent Norman Brazier, 45, was arrested without incident on Nov. 13. He was wanted on outstanding warrants. © METRO



Blast story may not pass the sniff test

◆ Hotel sits over one of the world's best-known cave systems ◆ A cave was directly beneath lobby: Reports

Some experts are skeptical about a claim by Mexican authorities that a previously undetected mass of swamp gas caused the deadly explosion beneath the Grand Riviera Princess Hotel.

Within hours of the blast that killed seven people, including five Canadians, officials were pointing to that explanation, but there are doubters.

Authorities say methane and other gases from a nearby swamp drifted into a cavern beneath the hotel, built up to high levels and were ignited by a spark from a cooking device. But Bil Phillips, a Cana-

dian based in the state that leads tours of underwater caves, says the chance of a natural buildup of gases in one of the caves would be unlikely, if not impossible.

"It would sound to me like a gas accumulation was from their gas pipes," said Phillips. "All cooking and everything down here is from gas and propane and so maybe there was a leak."

University of Kentucky geologist Lee Florea said gases can accumulate in underground pockets because of contaminants

Precedent

Police investigations into past deaths in Mexico have come under scrutiny.

- The 2006 murder of an Ontario couple at a Mayan Riviera hotel was criticized for poor handling of forensic evidence.
- Late last month, the family of an Ottawa-area businessman helped to track down his body in a burned-out rental car in Guerrero state.

such as petroleum that attach themselves in sediment in cave walls.

"What does seem suspicious is how quickly that conclusion was reached," he said. THE CANADIAN PRESS



Facebook takes aim at email

○ Canadians have to wait **○** Service to be phased in over several months

Facebook unveiled a new messaging platform yesterday that takes aim at one of the Internet's first applications: email.

Although blogs had been speculating that Facebook would announce an email service to rival Google Inc.'s Gmail and others, Facebook said email was just one component of its plans.

Declaring email past its prime in the age of texts and instant messages, CEO Mark Zuckerberg said the company doesn't believe email is going to be a modern messaging system.

"If we do a good job, some people will say this is the way that the future



will work," he said.

Users will be able to get a facebook.com address to go along with their account.

But Zuckerberg dismissed notions that Project Titan, as its service was

Death of email?

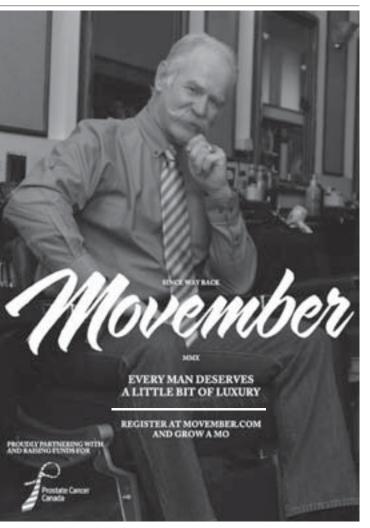
- ➤ Though email is still a primary form of communication for older adults, recent studies suggest this is not the case for young people.
- ➤ Text messaging has surpassed face-to-face contact, email, phone calls and instant messaging as the primary form of communication for U.S. teens, according to a 2009 survey from the Pew Internet & American Life Project.

called internally, is the "Gmail killer" it's been dubbed in the press.

But he said that just as students are forgoing email in favour of shorter, more immediate chats, more people will send IMs and chats because it's simpler, "more fun" and more valuable to use.

But he did concede that Gmail is a "great product" and "email is still important to a lot of people."

The popular social network unveiled its plans in San Francisco yesterday.





NO LOVE FOR YOUR FRIEND'S NEW GUY



Good friends are like the family you choose. Friends' significant others, on the other hand, are thrust upon you whether you like it or not.

pal's new beau can go from complete stranger to social circle staple in a matter of weeks. So what happens when a new boyfriend or girlfriend, who is suddenly around all the time, is kind of awful?

Someone who makes you seriously concerned for your friend's emotional or physical well-being is one thing; these situations require immediate intervention. But sometimes our closest friends choose partners that, for whatever reason, we just don't

like. Maybe Mr. New Guy is incredibly loud and obnoxious, maybe he flirts a little too much

with other girls, or maybe he's just a complete bore.

Unfortunately, there is no vetoing other people's dating decisions. So what do you do when your friend starts sleeping with the enemy?

You can try to avoid hanging out with your gal pal whenever her personality-challenged new man is around, but there will inevitably be

some occasions when you are obligated to share the same dinner table or taxi cab. You might not

love him, but you do have to learn to tolerate him.

Maybe ask yourself if this is

"Are you being

a little too

judgmental?

Remember,

you're not the

one dating him,

she is. Just

because he isn't

your cup of tea

doesn't mean he

isn't right for

your friend."

simply a case of no-one-is-good-enough-for-my-best-friend syndrome. Are you being a little too judgmental? Remember, you're not the one dating him, she is. Just because he isn't your cup of tea doesn't mean he isn't right for your friend. We all have different tastes.

But when a pal starts dating someone who is

obviously heinous it's usually safe to assume she has been blinded by a new romance fog. A haze of dinner dates and regular sex will cause even the most rational individuals to make bad decisions.

Even when you know better, it isn't necessarily your place to say so. Unless the circumstances are extreme, meddling in a friend's love life is very rarely a good idea.

Confronting her about your issues with her nightmare new man will likely put her on the defensive. If he really is that insufferable you're better off letting her come to that realization on her own. In the meantime, suck it up and smile. You don't have to be besties but you do have to be civil.



Read more of Jessica Napier's columns at metronews.ca/shesays

IT'S THE CANADIANS. THEY'D APPRECIATE IT IF WE'D STOP SHOOTING AT THEM NOW THAT THEY ARE IN A "NON-COMBAT" ROLE.

The science of happiness

Worth mentioning

Feeling fine? Frustrated? Fantastic? The British government really wants to know

British officials said yesterday they will start measuring national happiness in addition to gauging more traditional data like income levels and fear of violent crime.

Detailed plans have not been announced, but the new questions are expected to be formulated by national statistician Jil Matheson late this month for inclusion in a survey next spring. The decision to look be-

The decision to look beyond simple pounds and pence measures is part of a "science of happiness" movement that has taken

Don't worry, be happy



root in several other countries as officials and academics study the failure of rising living standards in recent decades to be accompanied by a similar rise in personal contentment.

Canada has developed a

Canada has developed a national well-being index, a concept pioneered by the small Himalayan kingdom of Bhutan.

The surveys asks Canadians subjective questions like "How much do you enjoy your life?" and "Are you comfortable with your current level of debt?" and asks about their core values, living standards, and identification with minority or ethnic groups. The British survey is likely to use a similar approach.

What makes you happy? Why?

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Metro Minute with Dan Mangan

Indie folk-rock singer Dan Mangan will play a show tonight at the Myer Horowitz Theatre before continuing his tour through Western Canada.

The 27-year-old is the red-hot recent recipient of three West Coast Music Awards after his second LP, Nice, Nice, Very Nice, earned him Independent Album of the Year, Song-

writer of the Year and Roots Solo Recording of the Year.

The university venue is an appropriate place to host the event. Mangan's album title comes from a line in a poem from the novel Cat's Cradle by another perennial campus favourite, Kurt Vonnegut.

The show starts at 7:30 p.m. • METRO



◆ Adams took suggestions from fans on Twitter for what songs to put on Bare Bones
◆ Album offers acoustic versions of his hit songs ◆ Inspired by his tour experience



Adams gets to the Bare Bones

Bryan Adams initially planned for his acoustic collection Bare Bones to be a modest bit of fan service, something the Canadian rocker could sell on the road after shows. His record company had other ideas.

"I put (these songs) together not with any intention to put it out as an album," Adams said in a recent telephone interview from Switzerland.

"I made a CD with the intention that I was going to sell it at my shows, and I went on my Twitter page, and asked the fans to recommend: should it be new

songs, should it be old songs, what songs should be put on it? And I sort of gathered all their information and then put this album together.

"And then about a month after I put that together, my record company got wind of it, and they were like: 'Hang on a minute. Can we hear this?'

"And the next thing you know, it's being released in 30 countries. And believe me, that was not my intention. The intention was not to try and make this a big global thing."

But Adams — who has

spent most of the year on the road in Canada, the U.S., the U.K., Europe, South Africa and even the Middle East — might have known better.

Clearly, the 51-year-old remains in high demand internationally.

His last album of new material — 2008's 11 — charted around the world, in locales as far-flung as India, Australia, Belgium, Denmark, the Netherlands, Finland, France, Poland, Germany, Hungary, Spain, Norway, Austria, Italy, Sweden, the U.K., the U.S., and of course, Canada, where

the record hit No. 1.

He had originally planned to record 11 as an acoustic album until he "balled out and decided to bring the band back in."

But he followed his original instinct when it came time to tour, playing the tunes stripped down to their essence.

"Those shows got bigger and bigger and bigger and bigger, and next thing you know, I'm on tour doing two and a half hours or two hours of acoustic," Adams recalled. "I thought, you know what, I'm loving this, let's just keep going."

When he began soliciting suggestions on Twitter for the final tracklist of Bare Bones, which drops today, he was surprised at the

reaction he received.

"If I showed you the list of stuff that was sent to me from different places all over the world, it would've been a triple album," said Adams, munching on a snack. "So there were some people that were disappointed because it didn't have this song or that song on it, but you know, maybe we'll make another one — who knows."

THE CANADIAN PRESS

scene

Scene in brief



Patti Smith, the Roots and the Cowboy Junkies are among the artists on tap for a Neil Young tribute concert scheduled for Carnegie Hall next year. The Feb. 10 charity show will al-so include performances from Aimee Mann, Joan Osborne, J Mascis of Dinosaur Jr and Pete Yorn, with more artists still to be announced. All the proceeds from the show will benefit music and arts programs for underprivileged youth. THE CANADIAN PRESS

A grown-up Rascal Flatts

Gary LeVox, Jay DeMarcus and Joe Don Rooney were magnets for criticism 10 years ago when they formed Rascal Flatts.

They were called a boy band. Their clothes were funny. And, boys, that ain't country music.

After a decade as country music's top-selling group with nearly 20 million albums sold and one of its most popular touring acts, though, Rascal Flatts are starting the next decade as

veterans on top, and in transition.

They have moved to Big Machine Records, home of Taylor Swift, to release their next album, Nothing Like This, out today, and the guys are contemplating bigger things.

"We truly feel like a new act," LeVox said. "The first 10 years flew by. ... We've got at least another 10 to 20 left."

The 40-year-old singer LeVox, 39-year-old bassist DeMarcus and 35-year-old guitarist Rooney have already accomplished more in their one decade than many acts do their entire careers. They grew up on George Strait, George Jones and Merle Haggard and followed their dreams to Nashville. Instead of copying the sound of their heroes, they went in a very different direction and created their own, mixing country twang with a pop sensibility.





DVD Releases this week

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Movie with a big heart

The Kids Are All Right Genre: Drama Director: Lisa Cholodenko Stars: Annette Bening, Julianne Moore

In this Sundance smash about a groovy and conflicted lesbian couple, one of two "momses" explains the facts of life (and lust) to her teen son, who just discovered their gay male porn.

Jules (Julianne Moore) tells young Laser (Josh Hutcherson) that human sexuality is, well, complex. This also explains why Laser and his college-bound sister Joni (Mia Wasikowska) were both conceived with the aid of an anonymous sperm donor.

That's just the start of

this sweet and perceptive comedy directed by Lisa Cholodenko (Laurel Canyon), who co-wrote with Stuart Blumberg. More revelations are to follow.

Jules, a free spirit, is married to tightly wound doctor Nic (Annette Bening). Nic's high income allows Jules to do her own thing, which amounts to dabbling at gardening.

Nic resents this more than she lets on. Jules has her own issues: she doesn't like Nic's judgmental nature and caustic tongue, and she worries that her spouse enjoys wine just a little too much.

The wine really starts flowing when the kids' curiosity leads to them meeting their biological father. Now everyone has to figure out what to do about Paul (Mark Ruffalo), a randy hippie farmer

who has suddenly entered their lives.

Ruffalo is great as Paul, one of the best characters he's played since he first rose to prominence a decade ago with You Can Count On Me.

Everybody is trying so hard to be liberated, but that's hard to do when people start crossing boundaries that weren't very well defined to begin with. New Age thinking can quickly turn to Old School emoting when the clothes — and the gloves — begin to come off.

The best thing about the film is its bigheartedness. It's not out to mock these people, but rather to show how any person of any orientation can become unraveled when high-minded principles collide with human nature.

PETER HOWELL

Disney's A Christmas Carol

Genre: Animation
Director: Robert Zemeckis
Stars: Jim Carrey, Gary Oldman, Bob Hoskins

What the Dickens? Robert Zemeckis updates the Yuletide perennial with loads of digital greasepaint and 3-D trickery. None of it is necessary, especially on the home screen. But the uplift remains the same.

Most people might have judged it sufficient gimmick for Carrey to play not only Ebenezer Scrooge at various ages, which he does well, but also the ghosts of Christmases Past, Present and Yet to Come who vex Scrooge on the path to seasonal enlightenment.

Carrey has such an expressive face, it seems almost a crime to hide it beneath the mo-cap



process, in which actors wear dozens of digital sensors while performing, and then have their work translated to claymation-style animation

Fortunately for Carrey and the film, he's as durable as the Dickens. His personality struggles to get through the digital goo, but it largely does, although he's much better as Scrooge than as any of the three didactic ghosts.

O PETER HOWELL







60 seconds TH Natalie Stewart and Marsha Ambrosius members of the group Floetry. ■ E

THE FLOW OF FLOACIST

'WE'RE BOTH DOING WHAT WE WANT TO DO'

The Floacist, Natalie Stewart, first introduced as half of British soul duo Floetry, believes the Grammy-nominated group dissolved because that was what was supposed to happen. She says she would not have made solo music any other way, and besides giving her a new start, the split has given her new purpose.

What was it like after the group dissolved?

I wanted a certain message to be going out, something especially for women, where we could empower ourselves and not be so petty in our relationships with each other as sisters. That was a very, very large focus for me. I didn't necessarily choose the right person to do that with. At one point it was really eating at my spirit because I couldn't fix it. I couldn't fix it and so many people were thinking it was other things. Like it just had to be a (romantic) relationship or something. We're such a sexually minded community. But no, something much, much bigger and broader had aligned into that. I mean, it affected my livelihood in a very personal way. It made me really stop and question a lot of things.

But it made me better for

Is there a chance for a Floetry reunion?

Well, I think if you just look at what the two of us are doing individually, we're both doing what we want to do. And I think that with that being kept in mind, the door to Floetry will always be open to my sister, always.

Your new songs are fresh, but they still have a Floetry vibe. Did you ever consider getting away from that sound?

Did you ever consider getting away from that sound? Floetry is my baby. I was creating and studying to get to the point of manifesting an ethos of poetic delivery with musical intent. I've been on that journey since I was 19 years old. I invited Marsha into that because at the time, you know, I was "I don't want to do this 20-minute poem"

music. I wanted to cut it up and add choruses and verses. And at the time I invited Marsha down to help with that aspect. But at no point have I been wanting to get away from the Floetic ethos.

Your single Forever, featuring Musiq Soulchild, is about real love. Is today's music missing more songs like that?

I think 10 years ago, I would have been giving you a soliloquy about who's not doing what and who needs to do this or what I think has been aligning about my walk is I'm just very interested in being the difference that I want to hear. Just being the difference I want to see. So, I made that song because I want to hear that music. ... And I wanted to share that for that reason.



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Jimmy Fallon's love of making music a part of his act is setting him apart in the crowded world of late-night comedy

It's paying off handsomely this week. To promote his new box set, Bruce Springsteen chose Fallon's Late Night on NBC — not Leno, Letterman or O'Brien. Tonight's entire show is devoted to the Boss, his appearance a way of saying "thank you" for Fallon's well-received Emmy Awards opening, singing, Born to Run with the cast of Clee

The comic's musical chops are often on display, as when he impersonated Neil Young singing Pants on the Ground and his "history ► Jimmy Fallon performs as Bruce Springsteen.

of rap" with Justin Timberlake, which quickly went viral.

The rap history was born backstage at Saturday Night

Live, where Fallon and Timberlake were hanging out before the season opener this fall. Timberlake was to be on Fallon's show the next week, and they talked about singing some of their favourite hip-hop songs. After calling the Late Night writers, the idea turned into a musical trip through time from the Sugarhill Gang to Jay-Z.

Gang to Jay-Z.

Two rehearsals in a dressing room, two onstage and it was showtime. It was Timberlake's idea to end the medley by walking into the audience for Empire State of Mind, where people sang and swayed along.

Fallon has been playing guitar since age 15 and has a genuine talent, plus a lack of self-consciousness that enables him to go toe-to-toe with a professional musician and sell it - complete with dancing and familiar moves.

"You can't think about it," Fallon said. "The adrenaline takes over. I'm a big fan of reality shows and I know you've got to complete the

mission."

The Young skit was his personal favourite. Fallon came out in a wig and wide hat that shadowed his eyes so you couldn't quite tell whether it was the real Neil Young or not. He strummed an acoustic guitar and sang, in Young's high whine, the novelty song that had become a sensation on American Idol the night before.

Fallon's love for music — along with the presence of the Roots, the versatile hiphop band and instantly the hippest house band in latenight history — helps draw musicians to the show, said Jonathan Cohen, musical booker for Late Night.

08

Mel admits to

denies punch

Actor says his girlfriend was shaking their daughter

Claims he was 'trying to bring her back to reality'

slapping ex,

Celebrity tweets



Wood [Awoo delijah] My phone start-

ed buzzing and I realized that it would be best to re move email notices of new followers



Steve Martin [@Steve MartinTo-Go] I just

reread my own tweets. They were FUNNIER THAN i AM. I'm so confused. Signing off while I rethink





Longoria goria] Ok

everyone, you have to vote for People's Choice!



Simpson set to wed ex-NFLer

Jessica Simpson and former football player Eric Johnson are engaged, her confirmed to Us Weekly. The couple began dating earlier this year, Johnson's divorce from his estranged wife was recently finalized.

"I met a wonderful man," Simpson posted to

Twitter "Damn, I'm lucky.

The comes Simpson's Nick Lachey, announced he and longtime girl-friend Vanessa Minnillo are also planning to get married.



Mel Gibson admits that he slapped girlfriend Ok-

back and forth.
"I did not hit Oksana with a closed fist, as she alleges. I did not ever punch her in the face or in the temple or anywhere else, not then or at any other time."



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Talking points

Lindsay's folks still feuding

FAMILY. While Lindsay Lohan enjoyed a brief day away from the Betty Ford Center over the weekend, she reportedly didn't get a break from her parents' squabbling, as mom Dina Lohan forced Lindsay to turn away her father, Michael Lohan, when he stopped by for a visit, according to Hollyscoop.

"Lindsay was furious over her mother's action and was brought to tears," a source says. "Michael can't understand why a 'caring mother' would put her daughter in such a position when she's in recovery." @ METRO

Ford wanted to kill off Solo

MOVIES. The original Star



Wars films may be nearly universally beloved, but there's still some things Harrison Ford wishes they'd done differently, especially when it comes to the fate of his character, Han Solo.

"As a character, he was not so interesting to me," the actor says in an interview with ABC News. "I thought he should have died in the last one. METRO

Lovato's show gets rewrite

TELEVISION. The folks behind Demi Lovato's Disney Channel series, Sonny with a Chance. have decided to not delay production despite their star being in a treatment

facility for "emotional and physical issues, according to Variety.

Instead, they'll be rewriting episodes to work around her absence, focusing on guest stars and other characters.

"This allows her the time she needs to get well, without distraction or pressure," says a Disney Channel representative, who insists the changes are only temporary. @ METRO

Clinton getting a Hangover?

MOVIES. Liam Neeson isn't the only one popping up in a cameo in The Hangover 2, apparently, as former president Bill Clinton was spotted in Thailand with the movie's cast and crew, according to Hollyscoop.

Clinton filmed his part in the film over the weekend while in Bangkok, where he was also giving a speech on energy. @ METRO

Keep it off with Weight Watchers work? counselling

• A new study says women on the Jenny Craig diet, which includes in-person counselling, lost 10 per cent of their weight in the first year





Will your diet work? There's a better chance you'll lose weight and keep it off if you have personal counselling.
A new study published

in the prestigious Journal of the American Medical Association found that overweight women on the Jenny Craig diet, which includes in-person counseling, lost an average of 10 per cent of their weight in the first year. By the end of the second year, they had kept off an average seven per cent of their unwanted pounds. By losing weight, women reduced their risk of developing diabetes, depression, some cancers and stroke.

"The results of this study show that lifestyle changes — such as making better food choices and exercising regularly — can in-deed promote clinically significant weight loss that is reasonably well-main-tained at least at two years, in people who are motivated," Dr. Cheryl Rock, lead author of the study, told Metro. Rock is a professor of family and preventive

medicine at the University of California, San Diego.

Results from this and other randomized controlled trials show that one of the keys to successful dieting is ongoing personal counseling.

The Jenny Craig diet inperson-to-person counseling, a low energy density diet, pre-packaged foods and increased physical activity. Women in the study did not have to pay for the program, but in real life the cost of special food would be approximately \$4,000 in the first year and \$2,200 in the second year. This may not be more than people ordinarily spend on food, noted the study.

To test the effectiveness the program, researchers at four sites in the U.S. recruited 442 overweight women between the ages of 18 and 69, and followed them for two years. They were assigned to either one-on-one counselling, phone counselling or a "usual care" program. The best results were in those who received in-person counseling.

The study was published in JAMA on Oct. 27, 2010.

Several diet programs have been tested over the last few years in large numbers of people, to find out if they work. A study on Weight

Watchers found the average weight loss was 4.6 per cent after one year and 3.1 per cent at two years.

A trial involving 3,234 overweight people with pre-diabetes found the Diabetes Prevention Program helped them achieve an average weight loss of 5.9 per cent at 2.8 years. They also reduced their risk of developing diabetes by 58 per cent. © CELIA MILNE/METRO

Health and weight go hand-in-hand

Dr. Cheryl Rock, who led a trial of the Jenny Craig program, believes commercial weight-loss programs can go further than doctor-led weight

loss.
"While comprehensive programs such as this one require some investment of money and effort for the average patient, the amount is minimal compared to the high cost of obesity and obesity-related medical problems," Rock said.

OCELIA MILNE/METRO





Up and down

A protective shield

Being married could protect people from cognitive diseases such as dementia. A team of Swedish researchers found that people living alone from midlife onwards were more at risk than those living with a partner.



Broken hearts People involved in negative relationships are 34 per cent more likely to develop heart disease in the 12 years

following it.





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Up and down

Spice it up

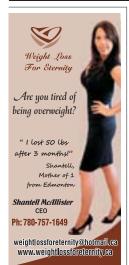
Ginger has been used as an aphrodisiac for centuries due to its ability to increase blood circula tion to all body systems.





Love handles

Married life may lead to weight gain. The comfort and satisfaction people get from being happily married means watching their weight is no longer a priority.



Create your tree

Helpful tips so you can create your own family health history.

- Start with you Gather info on you, your parents, siblings and children. Then add extended family members.
- Include a range Health conditions should include everything from heart disease to problems during pregnancies.
- Note the age Find out when problems arose.
- Consider your lifestyle Include lifestyle facts such as eating habits and excercise routines

Tree of health

Uncovering diseases in your family can trump costly genetic testing

Make grandma spill the beans. Uncovering diseases in your family tree can offer the best predictions of what illnesses you and your children may face.

A Cleveland Clinic study comparing which method best showed an increased risk of cancer helps confirm the value of a family health history. And all it costs is the time it takes questioning your relatives.

But a government survey estimated less than a third of families do this, and doctors seldom push it to their patients.

"I view family health histories as back to the future," says Dr. Charis Eng, a cancer geneticist at the Cleveland Clinic's Genomic Medicine Institute. "It's the best-kept secret in healthcare.

How does a good history compare with an online genomic testing service (sold without a doctor's prescription for hundreds of dollars) that analyzes DNA glitches and predicts people's predisposition to various diseases'

To find out, Eng recruited 44 people for a family health history and a saliva test from a genomic service called Navigenics to calculate their risk for colon cancer and breast or prostate cancer.

Both approaches classified about 40 per cent of participants as having risk,
picked the above-average but they picked the same people about half the time.

For example, the screening missed all nine people with a strong family risk of colon cancer, five of whom Eng's clinic gave extra scrutiny to prove they carried a gene mutation.

patient may have done this testing, been very reassured and not come to medical care," she

No matter the brand, genomic screening takes a broad look at DNA varia-



tions, including ones scientists aren't sure even

often doesn't include high-profile gene mutations that are linked

to specific diseases and can require more specialized testing, Eng explains.

Navigenics didn't return a call for comment



CUBA



Anytime appetizers

• Homemade pita chips add flavour instead of fat



Seasoned baked 'pita

The spices in this recipe add flavour instead of oil.

Ingredients:

- 3 large flour tortillas
- 3 Tbsp finely grated Parmesan cheese
- pinch of salt and pepper
- pinch of paprika
- pinch of garlic powder pinch of onion powder
- Serves 4.

Preparation:

Preheat the oven to 350°F. Line a large baking sheet (or 2 medium baking sheets) with foil.

- Slice each tortilla into 8 wedges. Arrange the wedges on the baking sheet, not over-lapping. Lightly coat with cooking spray.
- Combine the Parmesan, salt, pepper, paprika and garlic and onion powders in a small bowl. Sprinkle the seasoning evenly over the tortillas and bake for 12 minutes, or just until lightly browned.

Black olive tahini spread Makes

This is similar to a hummus dip, but with black olives added.

Ingredients:

- 1 cup canned chickpeas. drained and rinsed
- 1/4 cup tahini
- 3 Tbsp water
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 tsp finely chopped garlic • 1/2 tsp hot chili sauce
- 1/3 cup finely diced
- canned black olives
- 2 Tbsp chopped fresh basil or parsley. Serves 6
- Combine the chickpeas, tahini, water, olive oil, lemon juice, garlic and chili sauce in the bowl of a food processor. Purée until smooth.
- Stir in the olives and garnish with basil or parsley.

Some wines stand on their



Once upon a time, wine and food were joined at the hip. So much so that you wouldn't fathom having a glass of fermented

liquid without a bite or two of something solid. Not that there is anything wrong with that philosophy; it's just that I like Charlie Sheen's better: Anytime is a good time for a glass of wine (or vodka, or just about anything). What I mean is, wine

isn't just for the dinner table anymore, and winemakers are creating cocktail-style unique wines. A perfect example is the 2009 Café Culture Pinotage (\$13.95 - \$15.99) designed by South Africa's KWV.

Here's a wine that all

about singularity. Sure, you could pair it with Italian fare or just about anything grilled, but to fully appreciate this wine you've got to have it on its own.

That said, this is a polarizing bottle. Just as many I know hate it as love it. Melding coffee overtones (café, get it?) and lots of major mocha along with a natural sweet berry fruit, it's a tasty style unto itself.

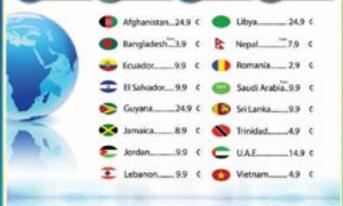
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My wife insists on spending ridiculous amounts of money at specialty cheese shops. What's wrong with a brick of orange from No Frills?

Angela says...

Have you tasted the difference? It's night and day. How often is this happening? If it's daily, then maybe your wife has a spending addiction. If it's only occasionally, like for a special weekend meal or a dinner party (and you can

afford it), what's the harm? It's better than spending money on makeup or shoes — which you two can't enjoy together. I guess the answer to your dilemma depends whether your wife has any other vices. If she doesn't, I'd rank having good taste in cheese among the best problem to have since you can savour it together.

P.S. Does she buy nice bread and wine to go with it? If so, I'm on my way over.

Derek says...

Please do not fault your partner for having good taste. Quality cheese is one of the finer pleasures in life; learn to embrace it. First, try one of the varieties of white cheese offered by your local grocery store, and then work your way up to the cheese boutique. You are about to embark on a long journey, but you can get there quickly with your partner at your side. This is a joyous time. Eat it up!

$\mathsf{Y}\mathsf{T}\mathsf{I}\mathsf{C}\mathsf{K}\mathsf{F}\mathsf{T}\mathsf{S}$

Names: Anna, 24, and Curtis, 29

Current city: Coquitlam, B.C.

Together since: 2007

Their story:

How We Met:

Anna & Curtis

"I (Anna) spotted Curtis one summer day when I was working part-time at the local grocery store in our small hometown in southwestern Ontario...

I noticed him at another checkout, and after that day, I noticed him every time he came into the store — but I was too nervous to approach him!

Curtis came into the store every Saturday to play his lottery numbers, and I would go out of my way to be the one to process his ticket.

► Curtis and Anna

Then one day after he left the store, he came (to which he later admitted to!).

A week later, we had our first date. We were immediately inseparable and moved in together within a few months.

We both definitely won the lottery in finding each other!



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New Canadians smart when it comes to cents

• Survey shows that recent immigrants to country are more knowledgeable about banking than general population Trust of banks statistically lower

ON MONEY

ALISON GRIFFITHS MONEY@METRONEWS.CA



New Canadians are tackling financial literacy with gusto ... and effectiveness. According to

a survey commissioned by Credit Canada (a not-forprofit, charitable credit counselling organization) and Capital One Canada, recent immigrants are actually more savvy about their credit ratings and scores than the general population.

New Canadians are also financially more opti-

Sixty-five per cent of those who have been in Canada five years or less



and 74 per cent of those living here six to ten years they understand enough to make good deci-

sions with their money. In comparison, only 52 per cent of the general population feel confident about their financial knowledge. Confusion within the fi-

nancial services industry is endemic. However, newcomers actually find the banking system more accessible and understandable than everyone else.

This is particularly good news as access to banking information and services is the foundation of a solid financial life.

Despite these positives, recent immigrants do not trust banks to the same degree as the general population. This finding isn't so surprising when you consider that few countries have a banking system as

stable as Canada's.

The poll, conducted by Angus Reid Public Opinion, has just been released to kick off Credit Education Week Canada (CEWC) an initiative of Credit Canada. Running until November 19, this year's theme is The Language of Money.

Interest rates/

Saving	gs accounts
BANK	RATE
BMO	1.35%
CIBC	0.70%
HSBC	1.00%
ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.25%
TD	1.25%
ALLY	2.00%
CHECK BANK V	VEB SITES AS SOME RATES REQUIR MINIMUM ACCOUNT BALANC

Fun and Frugal

LESLEY SCORGIE



eddings are expensive, considering they last for a day. Save in advance and pay for expenses as they come up. Try these tips to save money, avoid debt and still enjoy your special day. First, discuss budget pri-

orities like photos or food, and the wedding planning roles you and your partner will play such as arranging flowers or liquor licenses.

Second, set a budget and stick to it.

Discuss how you'll pay for the wedding and check whether there are obligations if you accept funds from family or friends.

Third, pick the size of your wedding. Expensive food and glamorous surroundings will translate into fewer invitations whereas a larger venue paired with a buffet dinner means you'll be able to host more people.

Fourth, pick a date, time, and venue. Save big bucks by planning your wedding in the off-season (October to March) and getting married on any day but Saturday.

Time of day has an impact too: breakfast, lunch and twilight weddings are cheaper than dinner wed-

Fifth, get to work. Ask friends to help make invitations and table decorations. Forget the limo fleet and borrow a friend's cool car. Hire a photographer, caterer or planner from a local college (get a reference). Put limitations on an open bar. Negotiate everything and read the fine print on all contracts



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\$12,995 #BS0163, '07 Jeep Compass

MBAs are the key to business success

○ Changing market facilitates growing need for leaders with skills broad enough to lead efficiently ○ Employers' expectations raise bar for entry

Take your time

Picking the right MBA program is important, so make sure you invest some time in finding one that's right for you.

- Study the details: Every MBA program has varied goals, teaching methods, price and logistics. Make sure you choose a program that fits your overall goals.
 Don't rely solely on word-of-mouth or rankings, visit schools and sit in on a class to see if the program matches your goals.
- Ask employers you're interested in working for which MBA programs they look to hire from, you'll get a better sense of which programs draw weight.



As business becomes more integrated the kinds of skills an MBA provides become increasingly crucial, experts say.

Besides a documentable increase in salaries post-MBA — up to double in some cases — the degree itself is becoming more common among graduates and consequently more expected by employers.

"For many mid-manage-

"For many mid-management jobs an MBA today is, if not an entry-level requirement, almost an expectation. More people have graduate degrees now, so that has moved the bar," said Wendy Cukier, associate dean of Ryerson University's Ted

"Change is one of the most relevant factors in the world so we need leaders who can lead us through change and the MBA provides that."

SCOTT COMBER, DALHOUSIE

Rogers School of Management.

Scott Comber, director of the corporate residency MBA program at Dalhousie University in Halifax, says the increasing complexity of the modern business environment makes MBA skills highly desired by employers.

"Today's business world

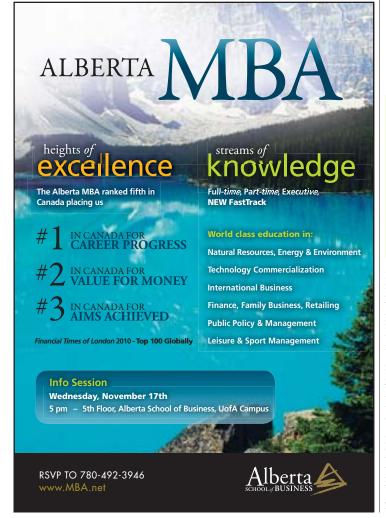
is a very linked, integrated environment. The understanding is that markets are connected, economies are connected.

"Change is one of the most relevant factors in the world so we need leaders who can lead us through change and the MBA provides that," Comber said.

Beyond the obvious benefits, an MBA degree symbolizes a candidate's resourcefulness and versatility.

"While there's solid evidence an MBA will give people a salary boost, more importantly it signals to employers your capacity to solve problems and ability to move up in an organization," Cukier said.





My MBA experience



Profile

Name: Katrina Bonnycastle

School: University of Alberta School of Business

Current city: Edmonton

Position: Senior Business Analyst at Alberta Investment Management Corporation

I was working for RBC, doing commercial lending. I'd done very well in my career, but I was getting to that point where it was time to make a choice about what the next position in my career was going to be.

I got out of the industry in July 2008 and the markets fell out in September. You could say some of it was timing, but obviously it was time for me to make a change in my life.

In one sense the MBA program was incredibly exciting and in one sense it was terrifying, because after undergrad you think you're never going to have to go back and do another degree, and here I was starting the process all over again.



But it was definitely more exciting than terrifying.

ing.
For me, the people were the highlight.

I don't want to downplay the academics at U of A, because the school is ranked very highly and we have incredibly talented faculty members, but my biggest learning and my biggest takeaway from this program was the people that I met.

When you go into the MBA everybody has come in with work experience and everybody's come in with a different background, and so you really spend more time learning from your peers.

Which one is right for you?



Waffling between getting your MBA all at once, or

taking a few years to complete? Our quiz can help you decide.

● Most MBA schools offer both full-time and part-time programs. Take our quiz to find out the best way for you to go back to school

JANET ROWE SPECIAL TO METRO CANADA

Full-time students can finish an MBA in as little as 13 months, says Kimberley Neutens, Director, MBA and Master of Finance Programs Services at the Rotman School of Management at the University of Toronto. A part-time schedule typically lasts three years. How soon do you want your degree?

- a) Yesterday!
 b) It's part of my five-
- year plan. c) Whenever, really.

Choosing a full-time program means quitting your job. "You're taking a significant risk in the payoff," says Neutens. What's your risk profile?

a) I bungee jump on

weekends and play the stock market for fun.

- b) I wear a helmet when I bike and have a diversified portfo-
- c) I've never even jaywalked and my entire fortune is in government bonds.

Only full-time students have time for internships and extra-curricular networking opportunities to help position them in a new field. Are you switching industries?

- a) Yes. This is a whole new step for me.
- b) No. This is a career progression credential. c) Maybe. I haven't real-

Full-time students earn no income during an

ly thought about it.

MBA program, warns Neutens. What financial resources do you have?

a) My partner's cool with me leaning on my substantial savings.

- b) My young family needs me to keep bringing in a paycheque. c) My credit rating
- c) My credit rating has tanked and I'm working two jobs to

make ends meet.

Part-time students spend about five hours a week in class and about 12 studying. Currently, how much time can you spare in a

- a) What spare time?b) How does 20 hours
- sound?
- c) You mean I should track my time?

Your score:

Mostly a) Full time

You're driven and ready to go for it, but you also know you need the support and hours available to full-time students.

Mostly b) Part time

You may have other obligations, but that's okay. You also have the discipline to make your MBA happen, if more slowly.

Mostly c) Not your time

You may need to gather your financial, social and personal resources first.

Corporate Residency MBA



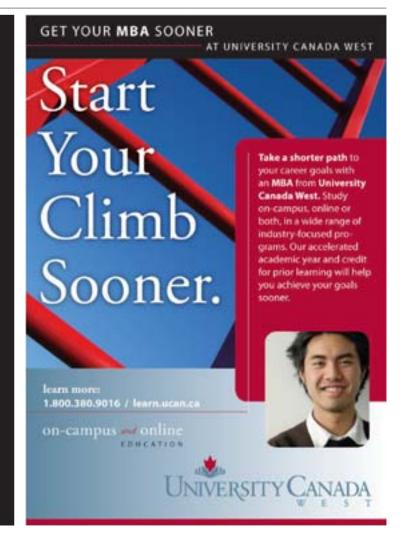
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Seven habits

of highly

successful

students

Dr. Merridee Bujaki offers these excellent tips for coordinating a healthy worklife balance:

- Give yourself permission to look after your health (sleep, exercise, eating well). Investments here usually pay off in the long run in terms of stronger relationships and better retention of new information.
- Be realistic: Perhaps straight As aren't going
- to be possible with everything else in your life.
- Hire as much help as you can afford: Cleaning, meal preparation, home maintenance.
- Lower your expectations: How often does your bathroom need to be

cleaned?

- Take some time to reconnect and recharge.
- Communicate, communicate, communicate with family, team members and employers.
- Keep perspective.



A fine balance

○ Juggling school, work and family responsibilities can be a challenge for MBA students



When Trevor Sterner began the MBA program at the Haskayne School of Business in Calgary, he wasn't fully prepared for the jolt to his timetable.

"It used to be that I would schedule in everything that needed to be done and by the end of the day, I didn't have time for hanging out with my wife or child," says the 2011 MBA Society president.

Because he had taken on a number of extracurricular responsibilities, Sterner had to quickly learn how to balance his demanding course load and his personal life.

"What I ended up doing is looking at what's important to me and how much time I want for each of those parts of my life," he says. "Now I just make those decisions quicker, and once I make them, I don't look back. Just focusing on whatever thing I pick up and working on that alone has been pretty successful."

Sterner's work-life balance method is one of many outlined by Dr. Merridee Bujaki, associate professor at the University of Ottawa's Telfer School of Management.

Bujaki says many MBA students enter the program at a time in life when they have young children and aging parents, and these external responsibilities can often play havoc on their significant student responsibility.

"There is often a collision of immovable work, family and school deadlines," she says. "This can result in sacrifice of sleep, exercise, time for oneself, and for families, and is often more of a challenge for women."

The perils in not finding a proper balance, however, are significant. Bujaki outlines fatigue, poor nutrition, lack of exercise, poor health, and alienation from friends as some of the potential dangers.

But the accounting professor says many students, like Sterner, manage to find their own way after the initial struggle.

"From what I've seen, the most successful MBA students are strong communicators, put in a steady, consistent effort, focus on learning — not marks, and simply enjoy the process."





Embarrassing loss for Skins

Michael Vick leads Philadelphia to rout over Donovan McNabb's Redskins

Michael Vick, not Donovan McNabb, played like a \$78-million US quarterback, accounting

touchdowns all by himself.
And his Philadelphia Eagles marched down the field in one big chunk after another, doing enough times to put new entries in the various record books.

On a day the Washington Redskins hoped to cele-McNabb's new contract and set aside the swirl of distractions from his benching two weeks earlier, Vick and the Eagles



stormed the party and thoroughly embarrassed their NFC East rivals 59-28 last

The Eagles scored on an 88-yard pass from Vick to DeSean Jackson on the first play from scrimmage, led 35-0 after the first play of the second quarter and barely let up.

Vick completed his first 10 passes and finished 20 for 28 for 333 yards with four touchdowns. He also ran eight times for 80 yards and two scores, moving past Steve Young and into second place in NFL history for yards rushing by a quarThe Eagles set team records for total yards in a game (592), points in a half (45) and had the biggest lead after the first quarter for any NFL road team (28-0) since at least 1950.

Vick became the first player in NFL history with at least 300 yards passing, 50 yards rushing, four passing touchdowns and two rushing touchdowns in a game. He hasn't thrown an interception or lost a fumble this season.

More practically, the win moved Philadelphia (6-3) into a first-place tie with the New York Giants in the division, with both teams two games ahead of the Redskins (4-5). The Eagles are 4-0 when Vick starts and finishes the game.

A few hours before kickoff, the Redskins signed Mc-Nabb to a \$78-million, five-year contract extension with \$40 million guaranteed, putting to rest any doubts as to whether he would remain the centrepiece of coach Mike Shanaĥan's rebuilding effort.

THE ASSOCIATED PRESS

sports

Quoted



"It's like how do you eat an elephant? One bite at a time. We're going to fix one thing at a time."

NEW PIRATES MANAGER CLINT HURDLE, ON MAKING THE TEAM COMPETITIVE AGAIN

"A guy comes in and he says, 'We're going to do this, we're going to do that.' If you replay the tape, the guy before him said the same thing. I'm well aware of the history, the road travelled. But I know where I want to go."

World Series foes honoured as year's top rookies



How they won

San Francisco Giants catcher Buster Posey, 23, easily outdistanced Atlanta outfielder Jason Heyward for the National League award for the top

Key stats

Posey hit .305 with 18 home runs and 67 RBIs. He homered eight times after Sept. 1 in leading the Giants to the NL West title.

Quoted

"I think I'd be lying to you if I said I didn't think about (winning the award)."



Texas Rangers closer Neftali Feliz, 22, finished far ahead of Detroit centre-fielder Austin Jackson for the AL honour.

Feliz set a rookie record with 40 saves as Texas reached its first World Series, He went 4-3 with a 2.73 ERA in 59 games.

"I hope it's not a fluke. I hope I have a better season next year."



NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strk
d-Washington	18	13	4	1	0	65	47	27	9-1-0-0	4-3-1-0	8-1-1-0	W1
d-Philadelphia	18	12	4	2	0	63	38	26	8-3-0-0	4-1-2-0	9-0-1-0	W3
d-Montreal	17	11	5	1	0	46	36	23	5-3-1-0	6-2-0-0	7-3-0-0	W3
NY Rangers	18	10	7	1	0	55	48	21	4-5-1-0	6-2-0-0	6-4-0-0	W3
Pittsburgh	19	9	8	2	0	58	52	20	3-5-1-0	6-3-1-0	4-5-1-0	L1
Boston	15	9	5	0	1	44	29	19	3-4-0-1	6-1-0-0	5-4-0-1	W1
Ottawa	18	9	8	1	0	46	53	19	5-4-0-0	4-4-1-0	7-3-0-0	L1
Tampa Bay	17	8	7	2	0	48	54	18	4-2-1-0	4-5-1-0	3-6-1-0	L3
Atlanta	18	7	8	1	2	57	67	17	3-4-0-1	4-4-1-1	4-4-0-2	L2
Atlanta Buffalo	18 19	7	8	1 3	2	57 51	67 60	17 17	3-4-0-1 2-6-1-0	4-4-1-1 5-3-1-0	4-4-0-2 4-4-2-0	L2 W2
			_	-	_							
Buffalo	19	7	9	3	0	51	60	17	2-6-1-0	5-3-1-0	4-4-2-0	W2
Buffalo Carolina	19 17	7	9	3	0	51 52	60	17 16	2-6-1-0 4-3-0-0	5-3-1-0 4-6-0-0	4-4-2-0 4-6-0-0	W2 L2
Buffalo Carolina Florida	19 17 15	7 8 7	9 9 8	3 0 0	0	51 52 44	60 60 40	17 16 14	2-6-1-0 4-3-0-0 5-2-0-0	5-3-1-0 4-6-0-0 2-6-0-0	4-4-2-0 4-6-0-0 5-5-0-0	W2 L2 L1
Buffalo Carolina Florida Toronto	19 17 15 16	7 8 7 5	9 9 8 8	3 0 0	0 0 0 2	51 52 44 35	60 60 40 47	17 16 14 13	2-6-1-0 4-3-0-0 5-2-0-0 3-4-1-1	5-3-1-0 4-6-0-0 2-6-0-0 2-4-0-1	4-4-2-0 4-6-0-0 5-5-0-0 1-7-0-2	W2 L2 L1 L8

WESTERN CONFERENCE

WESTERN CONTENENCE												
	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Los Angeles	15	12	3	0	0	47	28	24	8-0-0-0	4-3-0-0	8-2-0-0	W6
d-Detroit	15	11	3	0	1	51	37	23	7-1-0-1	4-2-0-0	7-2-1-0	W3
d-Vancouver	17	10	4	1	2	54	43	23	6-0-0-1	4-4-1-1	8-1-1-0	L1
Anaheim	19	10	7	1	1	50	57	22	7-1-0-1	3-6-1-0	7-2-1-0	L1
St. Louis	16	9	4	1	2	41	40	21	6-0-0-1	3-4-1-1	7-2-0-1	W1
Chicago	20	9	9	1	1	57	59	20	5-5-0-1	4-2-1-0	4-5-0-1	W1
Colorado	17	9	7	1	0	59	53	19	4-4-0-0	5-3-1-0	5-4-1-0	W1
Phoenix	17	7	5	4	1	47	63	19	4-2-2-1	3-3-2-0	5-3-1-1	W3
Columbus	15	9	6	0	0	41	38	18	5-5-0-0	4-1-0-0	6-4-0-0	L1
San Jose	15	8	4	3	0	42	37	18	5-2-2-0	3-3-0-0	6-3-1-0	W2
Minnesota	16	8	6	0	2	37	36	18	5-3-0-1	3-3-0-1	5-4-0-1	W1
Nashville	15	7	5	3	0	38	43	17	2-1-3-0	5-4-0-0	4-5-1-0	W2
Dallas	15	8	7	0	0	46	44	16	5-3-0-0	3-4-0-0	4-6-0-0	L3
Calgary	16	7	9	0	0	46	49	14	4-4-0-0	3-5-0-0	4-6-0-0	L2
Edmonton	16	4	9	1	2	42	66	11	2-4-0-0	2-5-1-2	2-5-1-2	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Chicago 3 Anaheim 2 (OT)
Minnesota 4 Tampa Bay 1
Washington 6 Atlanta 4
Tonight's games
(All times Eastern)
Nashville at Toronto, 7 p.m.
Philadelphia at Montreal, 7:30 p.m.

3. Vancouver, D.Sedin 12 (Ehrhoff, H.Sedin)

7:18 (pp)
4. Buffalo, Montador 3 (Roy, Vanek) 13:25

4. Burlato, Montadou 3 (Roy, Valler) 13:29 Penalties — Hecht Buf (slashing) 6:17, Rome Vcr (interference) 15:02, Edler Vcr (tripping) 17:04. Third Period

5. Vancouver, Edler 2 (H.Sedin, D.Sedin) 4:48

H.Sedin) 9:21

Penalties — Myers Buf (cross-checking) 4:29,
Bieksa Vcr (boarding) 5:58, McCormick Buf

7. Buffalo, Myers 5, 4:37

Penalties — None.
Shots

Vancouver 15 10 12 2—39
Buffalo 13 11 8 7—39
Goal — Vancouver: C.Schneider (L.3-0-1); Buffalo: Miller (W,5-5-2). Power plays (goals-chances) — Vancouver: 2-5; Buffalo: 0-5,
Att.—18,690 (18,690) at Buffalo, N.Y.

(גען) 6. Vancouver, Samuelsson 3 (D.Sedin,

H.Sedin) 9:21

(boarding) 18:39.

7. Buffalo, Myers 5, 4:37

SCORING LEADERS

Stamkos TR

Crosby, Pgh Ovechkin, Wash Semin, Wash

Semin, Wash Perry, Ana Backstrom, Wash D.Sedin, Vcr Sharp, Chi Roy, Buf Getzlaf, Ana B.Richards, Dal Selanne, Ana St. Louis, TB

H.Sedin, Vcr 2 Not including last night's games

Anaheim at Dallas, 9 p.m.

Last night's results Last night's results
Boston 3 New Jersey 0
Buffalo 4 Vancouver 3 (OT)
Philadelphia 5 Ottawa 1
N.Y. Rangers 3 Pittsburgh 2 (OT)
Colorado 6 St. Louis 3
Los Angeles at San Jose Sunday's results

N.Y. Rangers 8 Edmonton 2 FLYERS 5, SENATORS 1

First Period
1. Philadelphia, Briere 9 (Meszaros, O'Donnell)

1. Philadelphia, Briere 9 (Meszaros, O'Donne 8:43
2. Ottawa, Spezza 5 (Kovalev, Regin) 10:40
3. Philadelphia, Powe 3 (Timonen, Giroux)
12:17
Penalties — None.

Second Period
4. Philadelphia, Giroux 10 (Richards, Pronger) 18:31 (pp)

Penalties — Karlsson Ott (hooking) 6:16. Penalties — Karlsson Ott (hooking) 6:16, Karlsson Ott (hooking) 955, Karlsson Ott (de-lay of game) 15:33, Ruutu Ott, Hartnell Pha (fighting) 17:07, Foligno Ott (goaltender inter-ference) 18:05. Third Period 5. Philadelphia, Richards 7, 6:13 (sh) 6. Philadelphia, Richards 8 (Coburn, Giroux) 7:43

7:43 Penalties — Briere Pha (tripping) 5:23, Neil

Ott (cross-checking) 8:15.

Shots Ottawa Philadelphia Ottawa 9 11 9 29
Philadelphia 17 15 14 46
Goal — Ottawa: Elliott (L,9-5-0); Philadelphia: Bobrovsky (W,11-2-1). Power plays (goals-chances) — Ottawa: 0-1; Philadelphia: 1-5. Att. — 19,256 (19,537) at Philadelphia

SABRES 4, CANUCKS 3 (OT)

First Period 1. Buffalo, Ennis 5 (Roy, Vanek) 8:22

2. Buffalo, McCormick 3 (Niedermayer, Grier) Penalties — Niedermayer Ruf (high-sticking)

Penarius — Niedermayer But (high-sucking) 3:27, Buffalo bench (too many men; served by Vanek) 13:33, D. Sedin Vcr (slashing) 13:47, Burrows Vcr (hooking) 14:47. Second Period

MLB

JACKIE ROBINSON AL ROOKIES

2010 - Neftali Feliz, Texas 2009 - Andrew Bailey, Oakland 2008 - x-Evan Longoria, Tampa Bay 2007 - Dustin Pedroia, Boston 2007 - Dustin Pedroia, Boston 2006 - Justin Verlander, Detroit 2005 - Huston Street, Oakland 2004 - Bobby Crosby, Oakland 2003 - Angel Berroa, Kansas City 2002 - Eric Hinske, Toronto

JACKIE ROBINSON NL ROOKIES

OF THE YEAR 2010 - Buster Posey, San Francisco 2009 - Chris Coghlan, Florida 2008 - Geovany Soto, Chicago 2007 - Rvan Braun, Milwaukee 2006 - Hanley Ramirez, Florida 2005 - Ryan Howard Philadelphia 2004 - Jason Bay, Pittsburgh 2003 - Dontrelle Willis, Florida 2002 - Jason Jennings, Colorado x-unanimous selection

SOCCER

MLS PLAYOFFS

THIRD ROLIND

Championship MLS Cup At Toronto Sunday's game (All times Eastern) Colorado vs. FC Dallas, 8:30 p.m.

AUTO RACING

NASCAR SPRINT CUP

I FADERS

1, Denny Hamlin, 6,462. 2, Jimmie Johnson 6,447, 3, Kevin Harvick, 6,416, 4, Carl Edwards 6,198. 5, Matt Kenseth, 6,151. 6, Jeff Gordon, 6.124. 7. Kyle Busch, 6.115. 8. Grea Biffle 6,113. 9, Tony Stewart, 6,074. 10, Kurt Busch,

11 Clint Rowver 6 028 12 Jeff Rurton 11, Cliff Bowyer, 6,028. 12, Jerr Burton, 5,958. 13, Mark Martin, 4,249. 14, Jamie Mc-Murray, 4,225. 15, Ryan Newman, 4,156. 16, Joey Logano, 4,139. 17, Juan Pablo Montoya, 4,060. 18, David Reutimann, 3,975. 19, Dale Earnhardt Jr., 3,871. 20, A J Allmendinger, 3,843.

1, Jimmie Johnson, \$6,985,278. 2, Jamie Mc-Murray, \$6,754,735. 3. Kurt Busch, \$6,619,840. Murray, 56,754,735, 3, Kurt Busch, 56,619,840. 4, Kevin Harvick, 56,583,433. 5, Kyle Busch, 56,179,655, 6, Denny Hamlin, 55,768,003. 7, Jeff Gordon, 55,593,405. 8, Tony Stewart, 55,536,480. 9, Matt Kenseth, 54,993,051.0, Carl Edwards, 55,239,524. 11, Kasey Kahne, 55,141,037. 12, Jeff Burton, 55,079,210. 13, Joey Logano, 55,052,616. 14, David Reutimann, \$4,997,681. 15, Juan Pablo Montoya, 54,99,625. 16, Greg Biffle, 54,879,912. 17, Ryan Newman, 54,872,760. 18, Clitt Bowere, 54,620,204. 19. 4 JAII-

Clint Bowver, \$4.620,204, 19, A J Allmendinger, \$4,601,096. 20, Dale Earnhardt Jr., \$4,496.803.

GOLF

G A PT

PGA TOUR

Final		
Rank Name	Trn	Money
1. Matt Kuchar	26	\$4,910,477
2. Jim Furyk	21	\$4,809,622
3. Ernie Els	20	\$4,558,861
4. Dustin Johnson	23	\$4,473,122
5. Steve Stricker	19	\$4,190,235
6. Phil Mickelson	20	\$3,821,733

NBA

EASTERN CONFERENCE

ATLANTIC DIV	/ISION			
	W	L	Pct	GB
Boston	8	2	.800	_
New Jersey	3	6	.333	41/2
New York	3	7	.300	5
Philadelphia	2	8	.200	6
Toronto	2	8	.200	6
SOUTHEAST I	DIVISION	1		
	W	L	Pct	GB
Orlando	7	3	.700	_
Atlanta	7	4	.636	1/2
Miami	6	4	.600	1
Charlotte	4	7	.364	31/2
Washington	2	6	.250	4
CENTRAL DIV	ISION			
	W	L	Pct	GB
Chicago	5	3	.625	-
Milwaukee	5	5	.500	1
Indiana	4	4	.500	1
Cleveland	4	5	.444	11/2
Detroit	4	6	.400	2
WESTERN C	ONFER	ENC	Œ	

	W	L	Pct	GB				
New Orleans	8	1	.889	-				
San Antonio	8	1	.889	-				
Dallas	7	2	.778	1				
Memphis	4	7	.364	5				
Houston	3	6	.333	5				
NORTHWEST DIVISION								
	W	L	Pct	GB				
Utah	7	4	.636	-				
Oklahoma City	6	4	.600	1/2				
Portland	6	5	.545	1				
Denver	5	5	.500	11/2				
Minnesota	3	9	.250	41/2				
PACIFIC DIVISIO	N							

	W	L	Pct	GB
L.A. Lakers	8	2	.800	_
Golden State	6	4	.600	2
Phoenix	6	4	.600	2
Sacramento	3	6	.333	41/2
L.A. Clippers	1	9	.100	7

Last night's results Charlotte 113 Minnesota 110 Orlando 89 Memphis 72 Dallas 98 New Orleans 95

Dallas 98 New Orleans 95
Phoenix 100 Denver 94
Oklahoma City 115 Utah 108
Detroit at Golden State
New Jersey at L.A. Clippers
Sunday's results
Atlanta 111 Minnesota 105
Detroit 100 Sarramento 94

Detroit 100 Sacramento 94 San Antonio 117 Oklahoma City 104 Houston 104 New York 96 Phoenix 121 L.A. Lakers 116

Tonight's games (All times Eastern)

(All times Eastern)
Philadelphia at Cleveland, 7 p.m.
Atlanta at Indiana, 7 p.m.
Toronto at Washington, 7 p.m.
Portland at Memphis, 8 p.m.
LA. Lakers at Milwaukee, 8 p.m.
Chicago at Houston, 8:30 p.m.
New York at Denver, 9 p.m.

SCORING AVERAGE G FG FT PTS AVG

	Durant, OKC	9	84	71	254	28.2
3,	Ellis, GOL	10	101	52	265	26.5
"	Gay, MEM	10	101	32	252	25.2
	Bryant, LAL	10	84	69	252	25.2
,	Anthony, DEN	9	86	43	225	25.0
	Wade, MIA	10	81	74	247	24.7
-	Martin, HOU	9	63	73	217	24.1
	Westbrook, OKC	9	67	77	213	23.7
	Rose, CHI	8	73	36	189	23.6
	Gasol, LAL	10	94	44	232	23.2
	Nowitzki, DAL	8	71	39	182	22.8
	Richardson, PHX	9	79	12	201	22.3
	James, MIA	10	70	75	223	22.3
	Granger, IND	8	66	24	177	22.1
y 7	Scola, HOU	9	79	41	199	22.1
2	Gordon, LAC	8	62	46	176	22.0
1	Millsap, UTA	10	90	36	219	21.9
2	Howard, ORL	9	69	56	194	21.6
5	Ginobili, SAN	9	60	46	192	21.3
3	Williams, UTA	10	71	58	213	21.3
-	Not including last	niaht's	game	ıs		

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

BOSTON RED SOX—Claimed RHP Taylor Buch-holz off waivers from Toronto. CLEVELAND INDIANS—Agreed to terms with RHP Anthony Reyes on a minor league con-

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS—Named Billy Ryan assistant general manager. Announced the resignation of director of player development Rico Brogna. Promoted Mike Bell from minor league coordinator to director of player development. Agreed to terms with INF Geoff Blum on a two-year contract. MILWAUKEE BREWERS—Named Rick Kranitz

MILWAUKEE BREWERS—Named Rick Kranitz pitching coach, Jerry Narron bench coach, Garth lorg first-base/infield coach, Ed Sedar baserunning coach and third base coach, and John Shelby outfield instructor/eye in the sky and Josh Seligman strength and conditioning specialist.

specialist.
PHILADELPHIA PHILLIES—Named Ryne
Sandberg manager of Lehigh Valley (IL).
Agreed to terms with RHP Jose Contreras on a

two-year contract.
PITTSBURGH PIRATES—Named Clint Hurdle

CAN-AM LEAGUE

LANY-AIM LEAGUE

BROCKTON ROX—Traded RHP Hunter Davis to Grand Prairie (AA) for a player to be named.

WORCESTER TORNADOES—Traded C Craig Maddox to Lake Erie (Frontier) for C Julio Rivera.

FOOTBALL

GREEN BAY PACKERS—Signed LB Robert François to the practice squad.

HOCKEY

NTIL
NEW YORK ISLANDERS—Fired coach Scott
Gordon, Named Jack Capuano interim coach,
PHOENIX COYOTES—Recalled D Nolan
Yonkman from San Antonio (AHL), Assigned D
Garrett Stafford to San Antonio
TAMPA BAY LIGHTNING—Reassigned F MarcAntonine Pouliot to Norfolk (AHL),

LEAGUE OFFICE—Suspended Albany I W Louis Robitaille for one game as a result of his actions in a Nov. 13 game at Portland.

LACROSSE

MINNESOTA SWARM—Re-signed F Callum Crawford and F Kevin Ross to three-year con-tracts, F Sean Thomson to a two-year contract and D Brock Boye and F Marc Jackson to onevear contracts.

SOCCER

D.C. UNITED-Terminated the contract of F D.C. UNITED—Terminated the contract of F Danny Allsopp. NEW ENGLAND REVOLUTION—Signed M/F Diego Fagundez.

CFL

WEEK 21

Sunday's games Division Finals (All times Easte (All times Easter EAST DIVISION Toronto at Montreal, 1 p.m. WEST DIVISION

van at Calgary, 4:30 p.m.

EAST

AMERICAN CONFERENCE

New England N.Y. Jets Miami Buffalo	W 7 7 5	L 2 2 4 8	T 0 0 0	Pct .778 .778 .556 .111	PF 258 208 172 164	PA 214 150 192 245
SOUTH						
Indianapolis Tennessee Jacksonville Houston	W 6 5 5 4	L 3 4 4 5	T 0 0 0	Pct .667 .556 .556 .444	PF 240 241 196 217	PA 185 179 250 257
NORTH						
Baltimore Pittsburgh Cleveland Cincinnati	W 6 6 3 2	L 3 6 7	0 0 0 0	Pct .667 .667 .333 .222	PF 196 200 172 184	PA 165 164 182 213
WEST						
Oakland Kansas City San Diego Denver	W 5 5 4 3	L 4 4 5	T 0 0 0	Pct .556 .556 .444 .333	PF 235 212 239 203	PA 188 194 197 252

Denver	3	6	0	.333	203	252
NATIONAL	.CO	NF	ERE	NCE		
EAST						
	W	L	Т	Pct	PF	PA
Philadelphia	6	3	0	.667	257	209
N.Y. Giants	6	3	0	.667	236	193
Washington	4	5	0	.444	183	229
Dallas	2	7	0	.222	194	252
SOUTH						
	W	L	Т	Pct	PF	PA
Atlanta	7	2	0	.778	222	175
New Orleans	6	3	0	.667	201	151
Tampa Bay	6	3	0	.667	188	206
Carolina	1	8	0	.111	104	215
NORTH						
	W	L	Т	Pct	PF	PA
Chicago	6	3	0	.667	175	146
Green Bay	6	3	0	.667	221	143
Minnesota	3	6	0	.333	169	195
Detroit	2	7	0	.222	215	202
WEST						
	W	L	Т	Pct	PF	PA
Seattle	5	4	0	.556	166	199
St. Louis	4	5	0	.444	160	164
San Francisco	3	6	0	.333	160	198
Arizona	2	6	0	222	175	261

WEEK 10

Byes: Green Bay, New Orleans, Oakland, San

Byes: Green Bay, New Orleans, Oak Diego
Last night's result
Philadelphia 59 Washington 28
Sunday's results
Buffalo 14 Detroit 12
Chicago 27 Minnesota 13
Dallas 33 N.Y. Giants 20
Denver 49 Kansas City 29
Indianapolis 23 Cincinnati 17
Jacksonville 31 Houston 24
Miami 29 Tennessee 17
N.Y. Jets 26 Celevaland 20 (OT)
San Francisco 23 St. Louis 20 (OT)
Seattle 36 Artzona 18
Tampa Bay 31 Carolina 16
New England 39 Pittsburgh 26
WEEK 11

WEEK 11

Thursday's game (All times Eastern) Chicago at Miami, 8:20 p.m. Sunday, Nov. 21 Sunday, Nov. 21
Detroit at Dallas, 1 p.m.
Detroit at Dallas, 1 p.m.
Washington at Tennessee, 1 p.m.
Washington at Tennessee, 1 p.m.
Buffalo at Cincinnati, 1 p.m.
Arizona at Kanasa City, 1 p.m.
Gleveland at Jacksonville, 1 p.m.
Green Bay at Minnesota, 1 p.m.
Atlanta at St. Louis, 4:05 p.m.
Seattle at New Orleans, 4:05 p.m.
Seattle at New Orleans, 4:05 p.m.
Indianapolis at New England, 4:15 p.m.
NY, Giants at Philadelphia, 8:20 p.m.
Monday, Nov. 22
Deriver at San Diego, 8:30 p.m.

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KISS

Crossword

1 Fizzled out

- 5 Cable channel 8 Fax or text
- 12 Small amount 13 Zero
- 14 "Star Trek: TNG" counselor
- 15 Ugly duckling, eventually
- 16 Circus organ
- 18 Mineral in milk 20 Beginning
- 21 Dine on
- 22 Wapiti 23 Rear of a ship
- 26 Island music style 30 Moray, for one
- 31 PETA concern
- 32 Mess up 33 Heat measure
- 36 Eagle's home 38 Actress Courteney
- 39 Blend 40 Cruising
- 43 Pasadena school
- 47 Squid
- 49 Distorted 50 PC picture
- 51 Dickens pseudo-
- nym 52 Requisite
- 53 Feet, slangily
- 54 Shock and -55 Genealogy chart
- 1 Platter
- 2 Corn Belt state
- 3 And others (Lat.)
- 4 Dasher's yokemate
- 5 Entire
- 6 Thailand, once
- 7 Entirety
- 8 Olfactorily
- offensive

- 15 16 18 20 19 23 24 26 28 29 30 32 33 35 36 38 40 41 42 43 44 45 46 48 49 52 51 54
 - 9 Cupid's alias 10 "Unh-unh"
 - 11 Regimen
 - 17 Lounge around
 - 19 Author Fleming 22 Listener
 - 23 Moment 24 Earl Grey, e.g.
- 25 Right angle 26 Pool stick
- 27 Apiece 28 - Lanka
- 29 Raw rock 31 Repair
- 34 Atlantic and Pacif-
- 35 Wander

- 36 Have a bug
 - 37 Still existing 39 Corn
 - 40 Alkali neutralizer Yesterday's answer 41 Mexican entree
 - 42 Trudge (through) 43 Boast
 - 44 Basin accesso
 - 45 Algonquian tribe 46 Stevenson vil-
 - 48 Lawyers' org

Sudoku

		1	i i			7		
		2	3		7	1		
7				1				8
	3	8	7		4	5	6	
	1	9	5		8	2	7	
8				2				3
		5	8		1	9		
		6				8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Voctorday	answer >	
resterday:		

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

My dearest Bmo. I love you more than life itself. having you in my life these past 3 yrs have been the happiest moments I couldve ever hoped for. I miss you and Love you. Please forgive me.

To my Countie. Happy 35th birthday. I hope you have a super wonderful day. I love you very much, and it is so great to have known you for 10 of your 35 years..

Dear Arsa, The next time I see you is when you're officially a doctor. Come home and fix my aching heart. I miss you and I love you loads

YOUR BOBO.

Cubby, no illness can get in our way! Get better soon...there is lots of hugs and kisses waiting for you. I love you.

A look at the weather

TODAY Min -4 Max -3°

WEDNESDAY Min -13 Max -10° THURSDAY Min -12° Max -10°

3 2

5 6 1 3 4

9 2 7

4 5

Michele McDougall Weather Specialist

5 3

9 6

2 8 7 5

3 2 9 6 7

8 6 1 4 3 5

2 9

3

9 4 8

8 2 4

6 7

1 2

7 9 8

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Today's horoscope

T Aries March 21-April 20 You must make up your mind soon about whether to make an emotional commitment, because when the Sun changes signs on the 22nd the matter will no longer be in your hands.

Taurus April 21-May 21 The Sun in your opposite sign of Scorpio has brought its share of partnership problems but there's been nothing you have not been able to handle. Even the best relationships must be tested.

II Gemini May 22-June 21 Get your personal life sorted, because in a matter of days you will be too busy dealing with other people's problems to worry about your own.

G Cancer June 22-July 22 How much can you achieve in 24 hours? You may have a lot to get through today but if you make a game of it you may be surprised how fast you can move

Ω Leo July 23-Aug.23 A week or so from now you will be in a position to come and go as you please, but today there is something you must do for a loved one who is stuck in the past. Show them the best way to move forwards.

IV Virgo Aug. 24- Sept. 22

Wherever you go and whatever you do over the next 24 hours make sure you have a pen and paper by your side at all times. Ideas will come to you when you least expect it.

← Libra Sept. 23-Oct. 23 Don't be too hard on yourself if you have spent too much money in recent weeks. You may now be feeling the pinch but you had a lot of fun too, so it was cash well spent.

M Scorpio oct. 24-Nov. 22 The Sun leaves your sign on the 22nd, so you have less than a week to bring an important project to a successful conclusion. You're a Scorpio – you can do it if you try.

→ Sagittarius

Nov. 23-Dec. 21 At this time of year you should be winding down, not speeding up, so don't take on anything new over the next few days. Save your energy - you will need it early next week

For today's crossword answers and for

expanded horoscopes, go to metronews.ca

り Capricorn Dec. 22-Jan. 20

The more you try to please someone the more distant and unfriendly they seem to get. Maybe you should take the hint and leave them

Aquarius Jan. 21-Feb. 18 You have done well in your

work over the past few weeks and you will do even better over the next few days. If you stand out from the crowd you may even get a promotion.

H Pisces Feb. 19-March 20

Over the past three weeks or so you have discovered that you are capable of a lot more than you imagined. What can you do to amaze the world today? So do it.

SALLY BROMPTON



You WIN! write it!

Write a funny caption for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro



THE BEST THING TO

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AIR CANADA 🏶 VACATIONS

Deals of the

NON-STOP FLIGHTS

MEXICO

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5 ★

All-Inclusive • Standard rm. Jan. 11 • 1 wk.



MEXICO

CUBA

Cancun/Riviera Maya

Gran Bahia Principe Coba • 5★

All-Inclusive • Junior suite Jan. 11 • 1 wk.

Santa Clara



JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive Traditional standard rm. Dec. 30 • 1 wk. FREE upgrade to oceanfront rm.



FLIGHTS VIA CALGARY

MEXICO

Puerto Vallarta/Riviera Navarit

Crown Paradise Club Puerto Vallarta • 4★

All-Inclusive • Standard rm. Nov. 27 • 1 wk.

Ixtapa/Zihuatanejo

Barceló Ixtapa Beach • 4★

All-Inclusive • Superior rm.

All-Inclusive • Junior suite Jan. 8-22 • 1 wk.

Varadero Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm. Jan. 9-23 • 1 wk.

\$999

+Taxes & other fees: \$153



Punta Cana

Occidental Grand Punta Cana • 4★

All-Inclusive • Junior suite Jan. 4-25 • 1 wk.

Gran Bahia Principe Punta Cana • 4 1/2 ★

All-Inclusive • Junior suite Jan. 4-25 • 1 wk.



USA

Dec 25 • 1 wk

San Francisco via Calgary

Hotel Whitcomb • 3★

Double guest rm. Jan. 10 - 31 • 3 nts.

HAWAII | Oahu via Vancouver

Park Shore Waikiki An Aqua Hotel • 3 *

Barceló Cay Santa Maria Beach Resort • 4★

Savvy Saver-Hotel rm. Jan. 12 • 1 wk.

CRUISE

Royal Caribbean International²

Serenade of the Seas®

Southern Caribbean Cruise Flight to San Juan via Toronto Oceanview stateroom, cat. H Jan 15 • 1 wk

CUBA

Varadero via Calgary Meliá Varadero • 4 ★

All-Inclusive • Standard rm. Jan. 9 & 16 • 1 wk.



Santa Clara via Calgary Royal Hideaway Ensenachos • 5 ★

All-Inclusive • Royal spa premium rm. Jan. 1-22 • 1 wk.



Midnight RUSH

One mystery destination in Mexico will be on SU Thursday at MIDNIGHT (EST) to Friday at 9 a.m. (EST)

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st be paid locally: Costa Rica, 26 USD cash: Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Nov. 16 & 20, 2010, inclusive. Prices are per person based on double clude return flight, the hotel as described and transfers at destination. Ari & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as group bookings, Safe prices relefat applicable reductions, are subject to change without notice and cannot be combined with any other offer or profice. The travel agant. Figurity of the prices of the prices relevant to the prices of the prices All travellers, foreign and Lubans Inving abroad, must have a medical insurance policy when travelling to Cube. Departure taxes are extra an occupancy, unless otherwise stated, from Edmonton International Airport. Air 6. Hotel packages to the Caribbean Clubb. Cotal Rica and Mac described. New bookings only, for dates shown only, Non-refundable, limited quantity, Subject to availability at time of booking, Not applical operated by Air Canada. For applicable eterms and conditions, consult the Air Canada Vaccitions from them of the mount of Aeropian Miles that can be earned when things to other destinations, visit www.aircanadavacations.com; for term for all offers is required and can be completed online at wave intravancataccomfestrategiance of by calling 100 at 26026. Applicable for trave between a continuous control and the complete details, terms and conditions visit in Aeropian is an application of the control and conditions of the control and conditions visit in Aeropian can also control and conditions of the control and conditions visit in Aeropian canada in cr. Air Canada Saccitions is a registered trademark of Air Canada Saccitions is a registered tradema